Spiritualism in the Digital Age

1. Dr. V. P. Rathi
Assistant Professor of English
Mannar Thirumalai Naicker College (Autonomous)
Pasumalai, Madurai – 625004

2. Ms. Sarojaa V Kumar
Assistant Professor of English
Mannar Thirumalai Naicker College (Autonomous)
Pasumalai, Madurai – 625004

Abstract

Whatever is begun and begotten in this life, there is an interconnection with God, the Supreme Soul. As man has been created from this Supreme Soul, he must be lenient to the Almighty and he has to be reunited with Him at the end. Lofty ideals are reflected by many sages, disciples of God, saints, hermits, etc from ancient times. This present life is about adjustments only. With regards to adjust one needs to consider both physical world and inconspicuous world. The physical world is where we exist. Inconspicuous world is the universe of God where truth is framed. When each figures out how to put their brain to God, and hands to work, they strike a harmony between both the worlds and stroll on the extension, where both the world exists together. This world becomes more digitalized and spirituality in an individual decreases. Though we operate many gadgets, one must believe that we are all machines in the hands of God. Positive vibrations will be increased when one realizes the feeling of God in oneself. The present paper analyses that there are many mobile apps to be involved in spiritualism and to gain positive vibrations but at the same time this smart phone becomes an impediment to develop a sense of spirituality. Instead of carrying this distracting machine all the times, one can close eyes and do meditation.

Key words: spiritual, life, digital, vibration, app

Introduction

It is a belief that human beings and all the creatures in this universe are controlled by a divine spirit. As the mobile phone and laptop need to be charged daily, human soul must also be charged through spiritual practice, positive thought, meditation and talking to spiritual masters. We must not aim for material additions but we should aim for spiritually fulfilled life. On one hand, Nature-Worship increases one’s spiritualism and on the other, the modern research on spiritualism is yet in its infant stage. In this Digital Age, our lifestyle is uncompromisingly connected with the smart mobile apps. There are many mobile apps which help an individual to listen Divine Songs, Chanting mantras, spiritualism related
stories, etc. Accumulation of worthy books on spiritualism has been compiled in compact mobile apps. One must understand the importance of spiritualism in this advanced civilization, its advanced culture and society.

Print Vs Mobile Apps – The Role of Spiritualism

In ancient times, the scriptures in temples, churches, mosques, etc played a vital role in spreading spiritualistic ideals. Next to this, Vedanta and its philosophies, spiritualistic ideals were written on palm leaf manuscripts especially to the posterity. After the invention of paper from papyrus reeds, the messages on spiritualism were circulated through books, news papers, magazines and journals. When there is a shift in communication technology, the mobile apps take rejuvenation and contribute the messages of spirituality to reach people in every corner of the world.

Mobile Apps in Spreading Spiritualism

There are many applications in Google Play store related to spiritual practice in all religions in the world. The online app and offline app give plenty of scope and freedom to all sorts of people to choose their own religious related spiritual practice and that too in their own languages. The digitization of spiritualism spreads its wings to all the people in this generation. The quest for spiritualism must be aroused within but the present generation carries the handset wherever they go. Anyway thanks to the modern day digital literacy that promotes to develop spiritualistic feelings by introducing many spiritualism mobile apps. The researcher lists out a few mobile apps:

The Upanishads App: This mobile app reveals a large flood of spiritual revelation and profoundly describes the maximum work of mind, creation of thought in the form of poetry. It also consists of the complete works Sri Aurobindo, the Inhabiting Godhead: Life and Action, Brahman: Oneness of God and the World, Self-Realisation, The Life Divine, The Golden Rule of Life and Living and the Isha Upanishad.

Lalitha Sahasranamam Mobile App: This mobile app is offered in many languages such as Sanskrit, English, Hindi, Tamil, Telugu, Kannada and Malayalam. This is the most powerful mantra which praises Goddess Shakti with Her thousands of embodiments. When the song is played, it will be easy for the listener to listen the song at any time.
KJV Mobile App: This mobile app consists of both the Old Testament and New Testament of the Bible. This app beautifully explains even the title of the chapter, for example the term “Genesis” means “beginning”, “Exodus” means “a going out”, etc and also includes each person’s history. It is apt to read the biblical verses at any time with the help of this app.

Buddha Wisdom App: This app includes breathing scheme which can reduce/lower stress and increase tranquility. It also comprises Real Happiness: The Power of Meditation, The Willpower Instinct, etc and how to access those books. It has the Eight Vicissitudes, Four Meta phrases, The Four Noble Truths, Seven Points of Posture and the Eightfold Path delivered by Lord Buddha such as View, intention, Speech, Action, Livelihood, Effort, Mindfulness and Concentration. It is very easy to access this app to learn the teachings of Lord Buddha.

How to Pray – Christian App: This app wonderfully explains what prayer is, what prayer can do and when one should pray and how one should do prayer effectively. In this app, Dr. Torrey brilliantly focuses on moods, methods and the meanings of prayer. In the preface of this classic app, it is quoted: “Prayer is God’s appointed way for obtaining things and the great secret of all lack in our experience, in our life and in our work is neglect of prayer.” When we swipe, the next page appears as if turning the leaf of the pages.

Jain Tirthankara App: Jain Tirthankara (Mini Jinvaani) is a common app for all the Jain people. It has fine and properly organized content and coverage is also comprehensive. It also includes attractive videos of Adinath ji Aarti, Bahubali Bhagwan ka Mastakabhishek, etc. A detailed account of the names of Vartman 24, Bhootkal 24, Bhavishya 24 and Vidhyaman 20 is mentioned.

Islam 360 – Prayer Times, Quran, Azam & Qibla App: This is the most complete and powerful Islamic App to read Quran with translations and explanations from Urdu into English language. It also discusses Umrah guidance, Hajj Guidance and Find Qibla – the most accurate Qibla direction based on our location.

Sadhguru – Yoga, Meditation & Spirituality App: A beautifully designed app for meditation, yoga as it guides through various steps especially to attain sound mind and body. The followers of Sadguru can practice meditation and yoga taught by Sadguru. It is available in languages such as English, Hindi, Tamil, Telugu, Kannada, Malayalam, Marathi and Gujarati.
Sikh World App: This app promotes about Sikhism and discusses Amrit, Sikh Beliefs, Three Pillars of Sikhism, five Kakkars, five evils, five virtues, etc. It is available in languages such as Gurmukhi, Hindi and English with audio facility and live Kirtan from Sri Darbar Sahib, Amritsar.

Infiniminute App: In this app, a song plays at 11.10 a.m. automatically. The infiniminute time is between 11.11 a.m. to 11.12 a.m. At this time, we should maintain silence and even angels would come down and bless us. According to Mahatma Ra, the spiritual master and motivational speaker, the practice of dissolving in one minute silence between is 11.11 a.m. to 11.12 a.m. is infiniminute.

The Mobile Apps as Gurus

These mobile apps on spiritualism create an impact among the users. Since there is no proper guru to a few modern people, these apps act as their gurus with proper guidelines. There is a lot of information regarding spiritualistic ideals, faiths, motives, beliefs, etc.

The Message of Vedanta and the Bible

In the midst of the latest decade of nineteenth century, when Swami Vivekananda was dynamic in spreading the message of Vedanta to the world, the consistent divulgences and advancements of the time, the undertaking to exhibit current methods in guideline, the impact of ‘dynamic’ authenticity, and hate of religion as the ‘opium of masses’, such and near thoughts made perplexity in the brains of thousands of showed young people of India and the world around. The significant point is to view and recognize sense-comfort as the fulfillment of life. Lord Jesus Christ has said: “Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second one is: “Love your neighbour as yourself” (Matthew 22: 37-39)

Thiruvalluvar on Spiritualism

Thiruvalluvar, the great saint, philosopher and Tamil poet has delineated much on spiritualism in his Thirukkural. Kaviyogi Suddananda Bharathi has translated Thirukkural into English as Thirukkural with English Couplets. He advises:

Who hold His feet who likes nor loathes
Are free from woes of human births. (Kural 4)
The explanation of this *Thirukkural* is that evil never touches the people who meditate the feet of God and who are void of desire or aversion. Those people will never be wallowed in the worldly pains and sufferings.

This present life is about adjustments only. With regards to adjust one needs to consider both physical world and inconspicuous world. The physical world is where we exist. Inconspicuous world is the universe of God where truth is framed. When each figures out how to put their brain to God, and hands to work, they strike a harmony between both the worlds and stroll on the extension, where both the world exists together. Thiruvalluvar clearly illustrates what profit would be derived from learning when a person does not worship the feet of God who possess pure knowledge? Thiruvalluvar also portrays that with God one will be a hero and without God one will be a zero. A person must follow righteousness throughout his life whatever his/her profession may be. They will attain prosperity. It is apt to quote these Kurals:

They prosper long who walk His way  
Who has the senses signed away. (Kural 6)

The explanation of this *Thirukkural* is that the people (who remove the desires of the senses) will prosper for a long period of time if they abide in the faultless way of God.

The Sea of births they alone swim  
Who clench His feet and cleave to Him. (Kural 10)

The explanation of this *Thirukkural* is that no one can swim the great sea of births but the people those who are united to the feet of God alone can swim the sea of births.

**Swami Vivekananda on Spiritualism**

Swami Vivekananda seeks for God at the initial stage but later found Him and realised Him. God is everywhere, omnipotent, omniscient. When God is nearer to us, we will have strengthened heart and mind. He obviously articulates:

Meseems I hear Thee whispering sweet  
My love, ‘I am near’, ‘I am near’.  
My heart gets strong. With thee, my love,  
A thousand deaths no fear. (Vivekananda 63)
Neither the physical world is forgotten nor do we feel detached from our unpretentious world. On the off chance that we search for the significance or reason throughout everyday life, at that point we will ever found throughout everyday life. That is, to hit an adjustment with life. Nothing excessively outrageous or excessively small, rather everything is with some restraint. When we hit an adjustment with both the truth, i.e. physical and the unobtrusive world, in a genuine sense we comprehend the significance of life.

The Chinese Philosopher Lao Tzu pronounces: “Without leaving the house, one may know all there is in heaven and earth. Without peeping from the window, one may see the ways of heaven. Those who go out learn less and less the more they travel. Wherefore does the sage know all without going anywhere, see all without looking, do nothing and yet achieve (the Goal)!” (Loa Tzu)

**Our Psyche is with God**

The main motivation behind why such a large number of illuminated creatures stay jobless, independent of accomplishing the most astounding shrewdness of life. They have not surrendered the physical life as, without the physical reality, life itself is not conceivable, yet they do not have the murky idea about the subject of expression. Without articulation, survival is not conceivable on earth. This enhances our mindfulness at the time and our nature of work close by. Life unfurls with God in an unexpected way. Our activity reflects a greater amount of our heart than mind. The mind just knows the method for rationale and thinking, while the heart knows the methods for the universe. Life needs important activities to push ahead and those activities too must be a correct way. At the point when our psyche is with God, we do not need to stress over the heading, as any bearing we stroll with God, it swings to be correct. Mahatria Ra @ T.T. Rangarajan’s book *Unposted Letter* is a treasure for the entire humanity and it is apt to quote:

T.T. Rangarajan instructs man to achieve the objective of his life and face challenges, of which the psyche is the most important one that pulls him far from the imperial course made accessible for him. (Rathi 3)
Work and God

Throughout everyday life, both are similarly critical: Work and God. Work serves us with the exterior existence, while the consideration on God serves us with the life that is happening within. Thiruvalluvar and Swami Vivekananda vividly described that this life is continually thriving both inside and additionally outside and in this way it is vital to hold a plan to develop with life, both in the inward and also outside world. It is our day by day development in the outside world and our more profound association with God from inside that increases the value of our regular day to day existence. Life is straightforward and straight, however as our psyche is enjoyed excessively numerous inconveniences, that we miss seeing the basic procedure of life. We search for the confused things for the arrangement, while reality exists in the least difficult of thing. Both the Spiritual Masters’ frankness was as pronounced a phenomenon of their personality as their sweetness. Their messages were an appeal to all sects, all nations, in fact, to the whole world. Science, art, philosophy, religion, and all the revelations in the domain of thought and human experience were like an open book to them. One must identify one’s power and must focus on the work that is on their hand at present.

The Ultimate Aim of Spiritualism Mobile Apps:

The present generation is helped by the introduction of innovative apps on spiritualism. The people are facilitated by these guideline apps especially for improving their spiritual maturation and how they should be involved in the essential activity of prayer. People with very little knowledge on prayers will be gaining a lot by downloading these apps which could revive their spiritual life. We must pursue a supernatural relationship with God genuinely. Our prayers will be answered if we know how to ask the Supreme God.

Conclusion

When everyone is busy with their mobile app world, in the future someone may introduce a digital spectacle to visualize and see God, Nature and its surroundings with the advancement of technology. While doing meditation or chanting mantras, positive vibrations will be felt around one. Mobile apps make it easier to access spiritualism but at the same time the digital environment remains as an obstacle to develop spiritualistic feelings. Though mobile phone creates negative vibrations, the teachings of spiritualism through internet and mobile apps give a distinctive and clear idea on developing convenient aspects of life. It
seems to be that God Himself is at the doorstep to offer His form and His teachings through mobile apps in this digital age.

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The Upanishads Mobile App